



MUSIC:

Farm-girl grnt. cultivates successful multi-faceted career **P. 10**

GARDENING:

Snow mould: Give your lawn an ounce of prevention now **P. 14**

SHARP EATS:

Province's best chefs compete for top honours at Gold Medal Plates **P. 24**

FIGHTING FOR PEACE OF MIND

JASON MCKENZIE'S
LONG ROAD BACK
FROM PTSD **P. 4**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

ROLLIE BOURASSA

One Family's War: The Wartime Letters of Clarence Bourassa

Around 1905, I found a box buried under half a century of "collectibles" when I was helping my mother move out of her house. In it, neatly packed, were hundreds of letters that were written by my father. He sent them home to my mother from the day he left Ladysmith, South Africa, in 1900 as a recruit to go to serve in a war from which he would never return.

As I read the letters, I discovered a young man married with two small children, who was torn down by the Great Depression, and who felt the army might give the family a future. I also discovered remarkable stories: one of a Canadian soldier who served overseas for four years, the other of a young woman who without her husband was raising a family during wartime in small towns like Saskatchewan. A part of history was unfolding before

my eyes.

That was when the idea of a book dawned on me.

I was informed the University of Regina Press might be interested, and I was introduced to David McLennan who took my manuscript and moulded it into a great historical document. He felt that my father's letters should speak for themselves, that reproduced in their entirety they could tell the story not only of one family's war, but the story of the sacrifices made by many families during war. Promisingly, each and every letter was transcribed.

When the book came out, the reviews started coming in. "This book deserves to be read by all Canadians." "This is a story of romance...of love, loss, war, tragedy...and of the deepest human struggles any one will ever face."

Also, after the book came out, my family became enthralled with this part of their heritage, and with the direction of my grandson, Dethyn Johnson, they co-ordinated a surprise family trip to Europe to retraverse my father's battleship through western England and France to his final resting place in Norway.

In this new edition of *One Family's War* we've added that part of the story. *One Family's War* is available from McMillan-McKenzie Bookstores. Chapters, in e-books and audiobook formats.



Rollie Bourassa



AVONHURST HEIGHTS

BY NEWCOCK DEVELOPMENTS

3 FLOOR PLANS AVAILABLE, LIMITED HOMES REMAIN



1,325 SQ. FT. TWO STORY 3 BEDROOM

SOLD OUT

STARTING AT \$1,172 MONTH INC. CONDO FEE
WITH ONLY \$7,050 DOWN



1,276 SQ. FT. THREE STORY 2 BEDROOM

STARTING AT \$1,272 MONTH INC. CONDO FEE
WITH ONLY \$7,950 DOWN



1,453 SQ. FT. THREE STORY 3 BEDROOM

STARTING AT \$1,464 MONTH INC. CONDO FEE
WITH ONLY \$9,700 DOWN

ALL HOMES AT AVONHURST HEIGHTS WILL FEATURE:

- 6 Piece Appliance Package
- Granite Countertops
- Maple Cabinets
- Kitchen Island W/Seating Bar
- Walk-In Closet In Master Suite
- Ensuite Bath
- Large Storage Area
- Spacious Attached Garage
- 3 Year New Home Warranty
- Down Payment Assistance
- 5 Year Monthly Mortgage Assistance
- And Much More!



NEWCOCK SALES (306) 202-0410 | AVONHURSTHEIGHTS.COM | EMAIL: SALES@AVONHURSTHEIGHTS.COM

INDEX

ON THE COVER P. 4



Jason McKinnis suffers from PTSD after serving in the Soviet Yugoslavia. QC PHOTO BY MICHAEL BELL.

TABLE OF CONTENTS

READ MY BOOK — 2

One Family's War: The Wartime Letters of Clara (see B30A30)

ON THE COVER — 4

Jason McKinnis's shares his journey about the long road back from post-traumatic stress disorder

IN THE CITY — 8

A moment in time: Photographer Michael Bell's shot that defines the week

MUSIC — 10

El-Biano's farm girl get helps her cultivate a successful multifaceted career

ON THE SCENE — 12

At the Ukrainian Canadian Congress Skewetch-n-ween a reception awards luncheon

GARDENING — 14

Tips on preventing and reducing snow mould

EVENTS — 16

What you need to know to plan your week
Send listings to: qc@leaderpost.com

CROSSWORD/SUDOKU — 22

OUTSIDE THE LINES — 23

A weekly colouring creation for kids of all ages by artist Stephanie Mishay

SHARP EATS — 24

The province's best chefs compete for top honours in the prestigious Gold Medal Plates

ASK ELLIE — 26

WINE WORLD — 27

Miss a Pinot? Decide inquisitely blended

SHARP EATS P. 24



Original chef Ricardo Rodriguez will compete for the province's 2014 Gold Medal Plates after winning after last year's QC PHOTO BY MICHAEL BELL

QC COVER PHOTO BY MICHAEL BELL

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief. Heather Peterson managing editor; Jamn Shars executive editor. For advertising inquiries contact 781-6521; editorial 1-855-648-6557; home delivery 781-6520.

Hours of operation are Monday to Friday, 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-648-6557.

ON THE COVER

And, looking back, I didn't realize the effect that had on me. — Jason McKenzie

#REMEMBRANCE DAY

Dealing with PTSD a daily struggle for war veteran



Jason McKenzie was a UN peacekeeper in the former Yugoslavia in the 1990s. On the table are his UN patch and peacekeeping medals. His uniform's name tag reads 'Regal Regina Regina Dever'. QC PHOTO BY MICHAEL BELL.

By Terrence McEachern

It's a day Jason McKenzie will never forget.

Nov. 16, 1992.

Pte McKenzie of Regina said about a dozen other Canadian Armed Forces soldiers are driving in an M113 armoured personnel carrier. The peacekeepers are on their

way to a nearby town in the former Yugoslavia for a routine patrol.

It's around 1 a.m.

Inside, the soldiers are crammed into the bottom of the carrier, sitting on boxes of ammunition, grenades and rocket launchers. The carrier drives with its three treads again.

While the soldiers talk among

themselves, the vehicle suddenly jolts forward. McKenzie is also tossed forward.

Orders are shouted. Get down! And then — Get out!

McKenzie looks up. Muddy, dark water is pouring through two of the hatches, flooding the vehicle.

The front of the water pushes McKenzie down.

With only the machine gunner hatch available for escape, the soldiers vacate one of a time.

McKenzie and a fellow soldier are the last two remaining. Trapped, they look at each other as the water rises above their heads.

McKenzie realizes this could be the end.

He stops panicking because it

won't help.

Fear is replaced by calmness. Flowing underwater in total darkness, McKenzie doesn't know which way is up.

But this is not the end. McKenzie is grabbed from above and pulled through the hatch.

He can't believe his eyes when he reaches the surface.

We lived every day on a heightened state of alert. We were always in fear, always had a threat of being invaded on our borders by the Serbian army and the Croatian army because we were right in the middle of them. —McKenzie

"We are snuggled up in a corner. I thought we were in the highway."

It takes two hours for rescuers to find the stranded unit on the corner. It rains, rain is blown up bridge so rain pours down and the rain rages by.

Back at the base they are given the rest of the day off.

With no counselling or decompression services, they deal with the situation by getting drunk.

The next day, it's back to work as usual.

McKenzie was 18. Born to Moses Jem. McKenzie now 41, began as a reservist for the Royal Regina Rifles in 1980. He served in Croatia as a member of the 3rd Battalion Princess Patricia's Canadian Light Infantry (PPCLI) Bravo Company 1st Paros.

Stress had been building up over the six-month tour. Like other soldiers, McKenzie was tired at any

time while working a checkpoint stop and go, and then the bang of the rifle."

"So you would hear the bullet whiz by and then the bang of the rifle," McKenzie recalls.

"We lived every day on a heightened state of alert. We were always in fear, always had a threat of being invaded on our borders by the Serbian army and the Croatian army because we were right in the middle of them. We split them apart and set up front lines and tried to stop the war."

Adding to the stress was the lack of clearing safe roads of mines in an unarmoured car.

"That was a huge amount of stress to go through every day because you're so hyper alert at times. We would find mines all the time — anti-personnel mines and tank mines. We would see them everywhere. It was really odd. And looking back, I didn't realize the effect that had on me." Continued on page 8



(From left) Rob Steinhilber, Kevin Palmer, Malcom MacDonald and McKenzie (the right) on July 3, 1992, as the reservist prepared for three months of intensive training before being sent to the former Yugoslavia. (AP/WIDE WORLD)

Where great homes GET NOTICED



Consider it Sold!

ReginaRealEstateReview.com

Carpet Cleaning Special **Alpine** CARPET CARE

\$75.00
Living Room
& Hallway



OTHER SERVICES: Rec Rooms starting @ \$95, Area Rugs, Bedroom's (\$200/room), Upholstery, Tile & Grout Cleaning

NO HIDDEN CHARGES or UPSILLS

(306) 543-1750



Todd Linn
Owner/Operator

BELIEVE IT?

How do Canadians know if it's true (or not)?

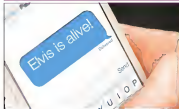
They turn to the trusted source: Newspapers in print, online, tablet and phone

And, research finds that they trust the ads there too — more than those in any other medium.

Be where Canadians look.



NEWSPAPERS CANADA
LEADER-POST



You're in that fight or flight mode all the time. So, it's really hard to go out and function as a normal person because it's so much stress for you — you're constantly on hyper alert — McKenzie

McKenzie's stress level never got back to normal. Four months later, the tower rolled. McKenzie was back home in Regina. He returned to the Royal Regina Rifle and was honourably discharged in 1984.

It took several years before he realized that he was suffering from post-traumatic stress disorder (PTSD).

"I did come home a changed person. I did come home with symptoms. But they weren't debilitating symptoms for probably three or four years."

Those initial symptoms included anxiety and hypervigilance.

"That as a tag along with PTSD — the hypervigilance. You're in that fight or flight mode all the time. So, it's really hard to go out and function as a normal person because it's so much stress for you — you're constantly on hyper alert."

Symptoms further progressed as the New 16, 1996 incident manifested into nightmares.

"I didn't even know I was having nightmares. My spouse at the time in 1996 and 1999 was telling me you're drinking out in your sleep and you're sweating and you're screaming, and I had no idea — I wouldn't wake up," says McKenzie.

Innocence then crept into his life. Because of the trauma he'd world experienced in a nightmare, McKenzie was afraid to sleep for days.

"It progressed to waking up in the night, peeing for six, and excreting panic — I would wake up and I couldn't see anything — I was so adamant that I was dying."

Nicholas Carleton isn't surprised to learn that McKenzie is still coming to terms with PTSD and the trauma he experienced more than 20 years after serving overseas.

"We've got more than a century of data that suggests that it can be something that impacts somebody for the rest of their life," says Carleton, an associate professor of psychology at the University of Regina. In addition to academics, Carleton has a clinical practice where he sees about five people dealing with the effects of PTSD (including current and former soldiers).

Although 24/7, it knows in terms of cause and effect with PTSD largely due to the lack of long-term

research studies. Carleton points out that exposure to one or more traumatic events is a key factor in the disorder.

"That event is different enough from your expectations or from your experience that it stands out, that it causes complications with respect to how you go about interacting with the world thereafter," explains Carleton.

"So, you're given a piece of information that you can't integrate into your reality at this point because it was so foreign, so outside of what you're used to that it just stands apart and it's not something that you have necessarily come to terms with."

Another pathway to PTSD is tied up to terms with moral injury.

"Although what you saw wasn't necessarily very far removed from your reality, it changes how you perceive your reality so much that you're not sure how to cope next," says Carleton. "So now you're in an odd place where you have witness to some horrendous tragedies (that) was happening in somebody else and the injury may well be a moral injury because you opted not to do something because you were following orders (or international law)."

For McKenzie, it wasn't seeing death, gore or bodies — those were things he expected to see in a combat zone. But morally drowning in a call-ringed scenario was not something he expected.

"I still relive the entire sinking incident. I can't talk about it with out accuracy."

A recent federal government survey of 6,700 full-time members of the Canadian Armed Forces found that 16.5 per cent are experiencing some form of mental or physical disorder. Of that, eight per cent reported a war or depressive episode, 4.6 per cent indicated an anxiety disorder and 3.4 per cent a panic disorder. As well, 5.8 per cent reported having PTSD.

Equally alarming is the number of suicides by members of the armed forces. Between 1966 and 2010, 254 men serving full time in the regular forces committed suicide.

By comparison, between 1984 and 2010, 19 female regular force men were committed suicide.



As an MCRC case with Carleton's experience, anxiety when he talks about New 16, growing. As you're age 40, PWPC in REGINA, REGA

"We would find mines all the time — anti-personnel mines, anti-tank mines. We would see them everywhere ... It was really odd. — McKenzie



Jason McKenzie, 35, in the former Yugoslavia in 1992. Along with his service, McKenzie also served in Afghanistan and Iraq.

"They were pretty tough guys back then. And, we weren't prepared, the Canadian (armed) forces weren't prepared because we hadn't seen in any kind of role like that for years," says McKenzie.

Post-traumatic stress disorder was identified as a psychological diagnosis in 1980. Today, treatment usually involves therapy or counselling and medication. Medication, however, doesn't necessarily mean anti-depressants. It could involve medication to help someone sleep, explains Carleton.

"Frankly in my clinical opinion, sleep is probably one of the biggest things. If you're not sleeping, everything else starts to go down pretty quickly."

The U.S. Air Force and Kinetic Behavioural Laboratory has research projects involving PTSD such as studying the factors that make someone more or less resilient and a higher or lower risk of developing PTSD as well as the impact of aerobic exercise on PTSD patients.

to help manage symptoms.

A treatment tool being used for PTSD patients is prolonged exposure to the traumatic experience and working on different ways to process that experience differently.

"One of the things that cause PTSD does der symptoms to be maintained in the ongoing avoidance of the traumatic memories and cues associated with those traumatic memories," says Carleton. He strongly cautions that prolonged exposure should only be done under clinical supervision in a safe environment.

McKenzie does the little things needed to live a good life — exercise, improved diet and sleep. He has seen about six counsellors over the years and is searching for a new one. A problem is that soldiers can become frustrated with counselling, especially if the discussion is being interrupted for check-ins on scenarios and military terminology.

Continued on page 8

The True Mark

Read **3X:**
JOHN chapters 1-21™

CLEAR VIEW
WINDOWS AND DOORS
Your Winter Heating Bill is on its way!
Call for your free quote!
Kohltech
320 Henderson Dr. Winnipeg
(306) 543-9200

\$500 OFF
on orders of
\$3,500
or more.

- * Orders must be placed by Dec. 31st, 2014
- * Limit one per house hold
- * Not valid when combined with any other offer
- * Offer only valid on selected products.

www.clearviewwindows.com

SaskTel

pioneers
a volunteer network

The SaskTel Pioneers are an award-winning volunteer force. With over 4,000 strong, these current and former employees are part of North America's largest industry-based volunteer organization. They're also invaluable community ambassadors. The Pioneers were formed more than 50 years ago to offer time, talent, and skills to community work. Each year, they volunteer about 60,000 hours in 100 ongoing projects and raise approximately \$200,000 annually for Saskatchewan communities.

The SaskTel Pioneers Centre would like to extend appreciation to the SaskTel Pioneers for their support of the Centre in the creation of an outdoor patio for Program Participants to enjoy! The patio space allows these individuals to participate in their activities in a beautiful and spacious outdoor setting. On behalf of the Board of Directors, Program Participants, and Employees of the SaskTel Pioneers Learning Centre, thank you to all of the members of the SaskTel Pioneers for this beautiful gift! It has been a great partnership!



Patio Grand Opening
September 10, 2014

Although what you saw wasn't necessarily very far removed from your reality, it changes how you perceive your reality so much that you're not sure how to cope next. — Nicholas Carleton

A few years after being honorably discharged from the Royal Canadian Mounted Police, McKinnis left Regina for British Columbia to work with the Canadian Coast Guard. During this time in the late 1980s, McKinnis realized that he was not doing very well. He was PTSD. He quickly sought help from Veterans Affairs and was put on a pension and brought into the system. Veterans Affairs helped him access programs that have been helpful, but he notes those programs have improved significantly since soldiers began coming home from serving in Afghanistan. An area McKinnis wants to see improved is more programs for families.

"When I'm up at night and I'm thinking out, the person that is with me, calms me down and not sleeping as well, as my spouse. And now, she is getting up and going to her job the next day after going through that stressful night. There is no one taking her home like she is or how she is coping with my PTSD."

McKinnis took an important step in his road to recovery this summer when he joined fellow veterans Steve Hartwig and Scott McPherson, also suffering from PTSD, in a cross-Canada march. The trio ended the journey late in May's last PTSD Awareness March. The march ended Sept. 15 in St. John's, Nfld.

"It's been a profound change in my life — going through the march. The first thing is losing the embarrassment of having PTSD and never having my spouse discussed it before this — not even with my family. People knew I had PTSD but that circle of people that knew me very small."

The three men served in the former Yugoslavia during the same war but in different units. Becker is in the year, Hartwig and McKinnis, who went through basic training together, graduated in each other that they were dealing with PTSD.

"That's one thing, as a soldier, you don't let your fellow soldiers tell you what's wrong with you. PTSD. Steve never admitted that. So it was an awkward conversation when it came up for us."

The march began with no fanfare. Hartwig started walking in Kelowna a day from Victoria, B.C., "with



Steve Hartwig, Jason McKinnis and Scott McPherson travelled across Canada to raise awareness of post-traumatic stress disorder in former Forces veterans.

out a plan and without telling any body." He wanted to do something to raise awareness about PTSD, but didn't know what else to do.

McKinnis reached out to Hartwig. He started a website and a Facebook page to help raise funds. A sponsor was donated to follow the march and for the group to sleep in on the road.

The group stopped in Regina at the Saskatchewan Legislative Building on July 30, speaking to the media. McKinnis started to open up publicly about his experience.

"A lot of lessons that had been built up inside of me, carrying this shame and embarrassment — it was starting to let go."

As the march continued, the group was met by other PTSD sufferers — soldiers and law enforcement — telling their stories and supporting the cause to raise awareness.

"They would cry. Tears every day on the highway with people that what we were doing was resonating with them," says McKinnis. "I feel, to share my story and have people

actually listening and you listening to other people, it was incredible. I still get messages daily from people along the way."

By early McKinnis has been going through changes in his life like marriage ended but he still has an active role in raising his two daughters. As well, McKinnis has decided to abstain from his home building business of ten years. The stress of running the business, especially chasing of the different accounts, proved to be too much.

Instead, McKinnis is taking on another challenge — finishing an undergraduate degree in economics and business at the U of R. He started a decade ago. McKinnis is enrolled for the winter session. He is also planning to participate in the soon-to-be launched project led by Carleton's colleague Gordon Armstrong at the U of R.

"It's been a 10-year struggle for me. I would say things haven't been resolved for me. But I am definitely being proactive now."

IN THE CITY

■ NOVEMBER 1, 2014 — 5:02 P.M.

Celebrating a legend



University of Regina Rams defensive back Justin Edelman (not shown) dumps water on head coach Frank McCrystal who coached his last game at Mosaic Stadium after the team won its final regular season game to qualify for the Canada West playoffs. The Rams will travel to Calgary to play the Dinos on Saturday. McCrystal is retiring as head coach of the Rams at the end of this season. McCrystal spent 41 seasons with the Rams — five as a player, five as an assistant coach and 31 as head coach. **GP PHOTO BY MICHAEL BELL**

MUSIC

WE'RE ON FACEBOOK: Visit us at
Facebook.com/qcregina

COUNTRY-WESTERN MUSIC

Barsi's farm-girl grit cultivates career



Elizabeth Barsi, who was nominated in seven Saskatchewan Country Music Award categories this year. She won two, including roots artist of the year. **SALEM/ITS RIGHT**

By Ashley Martin

Elizabeth Barsi has always been a devil yourself kind of woman. It probably stems from her upbringing.

"I have been (resourceful) all my life," said Barsi, a singer-songwriter based in Moosemen. "When you're raised on the farm, I think that (has) everything to do with learning how to make things work."

She taught herself guitar when she was 12 after a singing gig on a Yukon TV show was cancelled because her guitar player backed out.

When she was 18, she embraced the idea of a backup plan. She wanted a music career. So she dropped out of university school in Vermilion, Alta., got an agent and spent the next two years driving around the Prairies in her old Pontiac, playing solo shows six nights a week.

Eventually Barsi earned enough money to take that Pontiac down to Nashville, where, after years of playing, she released without a record deal. Rather than cut it quits, she moved back to Alberta and

decided to cut her own album in a rented studio in Bonyon Place. Now she and her husband John Cunningham have their own studio.

When daughter Katy was little, rather than put her career on hold, Barsi diversified and started performing children's shows.

And when people told her to pick a genre and stick to it, she didn't listen.

"You can't be a one-trick pony in the business," said Barsi, whose music runs the gamut from pop-country, traditional western, blue

grass and gospel. "I'm glad that I don't have all my eggs in that (one-of-a-kind-country) basket."

That said, it's not for economy city's a musical named. She loves each style equally.

"I've had people in the industry tell me, you need to just pick one genre and stick with that" and I'm glad I didn't listen, because I would be missing out on all these other opportunities and the pay that it brings."

Today, Barsi has 13 albums out for her belt. The most recent one,

released last year, is the first for which she wrote every song, rather than 50/50 or 60/40 with tracks by writers she admires.

With *Portrait of a Cowgirl*, she wanted to reflect every genre she plays.

"It was quite a challenge to write that way and I feel like everything I set out to do, it's working with this project," said Barsi.

She was nominated in seven Saskatchewan Country Music Award categories in 2013 and won two, including roots artist of the year.

MUSIC

The album's title track, in honour of Bern's mother Georgia, started her a Wrangler award from the National Cowboy and Western Heritage Museum, which Bern's likes to the 'Avoiding Awards for everything western'.

Bern's title stories in her songs, and this one is no different. She got married to a farm boy three little ones they had.

For 69 years they made a life and home there on their land.

The song may be about her mother but it's her father who inspired a love of music in Bern.

When she was four years old, dad Adams would play his favourites — Opry stars like the Carter Family and Roy Acuff — at home near Kennedy.

"He didn't really watch TV any back then so I think all that music really was drilled in at an early age," said Bern. That includes Mother May-belle's Carter scratch guitar style, which Bern uses today.

When she got older, she discovered other influences like Emmylou Harris, Linda Ronstadt and Dolly Parton.

Only to end up her career did Bern find western

music. It resonated with her.

"It's all about the cowboy lifestyle and western lifestyle and that's my roots growing up on the farm and riding horseback and working with cattle."

"I thought 'Wow, it should be doing this, that is more real to me than anything. It's just tapping into my roots.'"

She moved to Doonson, Minn., with her family in 2000 to join Irving legends Bern of the Pioneers in their regular show.

Avoid from getting the proper paperwork to work on the album, learning to pedal might be the biggest challenge of her career.

"It was 'pursued for everybody around me,' and Bern, and it took her a few tries to figure it out. But she persisted because "it's a last act that people really seem to like to hear."

She often wears it down, south for shoes — she's in her jeans right now. But you can catch Bern touring her home province too, including her November Christmas shows in Kennedy on Dec. 3 and 4.

email: bbern@doonson.com

Twitter: @bernbernbern



El Bern (left) and her husband John Cunningham (right) with her Wrangler Award. SUBMITTED PHOTO

WINTERGREEN®
Finely Crafted Gifts

Conexus Arts Centre
Friday Nov 14 | 1 pm - 9 pm
Saturday Nov 15 | 10 am - 4 pm
Sunday Nov 16 | 10 am - 3 pm

saskcraftcouncil.org

Show your Affinity Card Union Card for FREE Admission

Affinity **Union Card**

CHANNEL YOUR INNER CHEF!!
Create Your Own Stir Fry

SPECIAL OFFER
Buy 1 stir fry & receive the 2nd at **50% OFF**

Order is Only Not valid with any other offer

From Healthy Food **3137 Quince St East • (306) 561-7455**

Gluten-Free options available

Vintage VINYL & Hemp Emporium

2335 - 11th Ave. Regina 306-347-3111
132 Main St. N. Moose Jaw 306-693-2222

Best Selection and Prices

- Classic to Modern Records, CDs & Tapes
- Rock T-Shirts • Hoodies • Huge Tie Dye Selection
- Hemp Products • Incense • Jewelry • Patches • Stickers
- Wallets • Rock Flags... and so much more!

NEWLY Expanded Bong World (18+ AREA ONLY)

- Pipes • Bongs • Vaporizers • Zippos • Smoking Accessories

Gift Certificates AVAILABLE
100% Family Owned

Top \$\$\$ Paid for **QUALITY** Records & CDs

ON THE SCENE

UKRAINIAN CANADIAN CONGRESS (UCC) SASKATCHEWAN PROVINCIAL COUNCIL



Nation builders and outstanding contributors to the community were recognized Nov. 2 at the Redstone Place Hotel Saskatchewan by the Ukrainian Canadian Congress (UCC) Saskatchewan Provincial Council.

Since 1909, the council has been recognizing 10 honorees per year. For the first time, this year was incorporated to look outside the community and to recognize people in people who are strong supporters of the Ukrainian community, explained Orest Gavrysh, the local branch president and provincial secretary for the UCC.

As a result, the luncheon featured a special presentation of the Year award presentation to Premier Brad Wall and the Government of Saskatchewan.

Because they donated \$250,000 in humanitarian aid to Ukraine.

Gavrysh and

Nation Builders honorees include:

Edward J. Jurek of Regina (Goodman);

Natasha Chyornyak of Regina

and Norman Wozniak of Saskatchewan.

Community Recognition award recipients include:

William Demers of Regina, Sylvia Myk of Fort St. John, Saskatchewan; Anna Proshchak of North Battleford; Eunice Shestak of Regina; Josephine Ventour of Regina; and Zofia Rutk of Saskatoon.

1. Vlad Ostapuk plays the bayan

2. Alex and Steve Pillow

3. Sylvia and Aron Myk

4. Mark and Dana Demers

5. Rat Marchenko and Larissa Van Casterle

6. Nadezhda and Angus Saba

7. Bill Demers and Jan Olek

8. Anna Proshchak and Ray Kurechuk

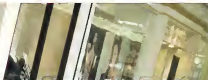
9. Joss and Mike Ventour

10. Tania and Sonia Myk



QC PHOTOS
BY MICHAEL BELL

ON THE SCENE



MINOT WILL KEEP YOU BUSY

The growing city of Minot has a variety of options to keep your itinerary full. And you'll be surprised at all the new stores, restaurants and hotels available for your next trip.

Take in a show, relax in a coffee shop, try some great food and then enjoy the nightlife. Whether outdoors or in, there's a lot to do in Minot!

Go to visitminot.org/coupons for great savings on your next trip!

visitminot.org

GARDENING

GARDENING IN SASKATCHEWAN

Snow mould: An ounce of prevention now ...

By Sara Williams

I remember an early spring day in the 1990s I was working at the Garden Lane office and visiting I was outside. It was warm and sunny and the snow was melting quickly.

One of the best cuts of the day dealt with a grey, cotton-like growth that was visible under the retreating snow. The caller wanted verification of the problem, and I needed a picture of snow mould. Their residence was on route to my home and I had my camera in the car so I was pleased to make a "house call."

It was indeed snow mould, a combination of several fungal organisms that thrive under moist conditions at temperatures around freezing (0 to 7 C). The cotton-like patches are the mycelium or vegetative part of the fungi and can range from a few inches to several feet in diameter. In severe cases, they can kill large portions of a lawn.

Grey snow mould (*Typharia* or similar) and few related species are more commonly found in our area, generally attacking only the above-ground grass blades. Pink snow mould (*Microdochium nivale*) occurs less frequently but is more damaging as it also attacks grass roots.

The standard recommendation in spring is to encourage a rapid turnover — usually by raking out the snow. The fungi become active when exposed to sunlight, so temperatures are above 13 C and when the lawn is dry.

Now (it's late fall) is the time for the ounce of prevention especially if snow mould has been a problem to reduce its impact, allow your lawn to harden off prior to winter. Avoid over-fertilizing, especially with nitrogen, in the fall. The last application should be no later than Aug. 15. Nitrogen promotes a lush, succulent growth that is extremely vulnerable to fungal attack.

Your lawn should go into winter no taller than 4-6 cm. Longer grass becomes matted under the weight of the snow and provides an ideal environment for snow mould proliferation. It attacks the leaves first, then later the crown of the grass plant.

Think of partially decayed or pine needles on the soil surface, among the living grass blades. If the thatch layer is more than one cm thick, it too serves as excellent habitat for snow mould and as well as an "overwintering" site for spores. Use a mulching mower to decrease the size of clippings and dethatch your lawn each spring if the layer becomes excessive. Rake the lawn in the fall, removing leaves and other organic material that provide initial sustenance for snow mould.

Snow mould is favoured by early snowfall on unfrozen ground. Although we have no control on the weather, snow fencing can be used to discourage the accumulation of deep snow drifts and encourage even snow distributions. Damage is generally worse where the snow lingers longest than the benefit of raking it away when the damage is first noticed.

Snow competition is also thought to favour snow mould. So place your ice rake on the vegetable garden rather than the lawn.

No fungicides for snow mould control are registered for domestic use in Canada. If snow mould persists year after year despite preventive measures, and your lawn was established over 10 years ago, consider re-seeding or sodding with some of the more recent Kentucky bluegrass cultivars that are more resistant to snow mould.

This column is presented every year of the Saskatchewan Personal Security (saskpersonalsecurity.ca/forbes@postmedia.com). Check out our website board or contact for sponsoring agencies information.



To prevent snow mould (shown above) from happening, don't over-fertilize and avoid putting anything on your lawn like a string trimmer that will compact the grass. PHOTO COURTESY OF JILL M. STEWART

Fall into these Great Deals

2013 TOYOTA COROLLA CE

STK# 126318

10
COROLLAS
TO CHOOSE
FROM



2013 TOYOTA CAMRY LE

STK# 126288

9
CAMRY
TO CHOOSE
FROM



2013 COROLLA starting at **\$17,500**

2014 COROLLA starting at **\$18,900**

2013 CAMRY starting at **\$19,900**

2014 CAMRY starting at **\$21,900**

FOR THE
MONTH OF
OCTOBER
RECEIVE NEW
WINTER TIRES
ON ALL

2011 DODGE RAM 1500



Over \$15,000
in add-on!
Put Ford
One of a kind
truck!

127097

NOW \$32,900

2013 TOYOTA 4RUNNER LTD



fully loaded
PST paid,
61000 kms

1496272

NOW \$43,900

2011 VENZA



PST PAID

1284362

NOW \$23,888

TOYOTA CAMRY,
COROLLA AND
MATRIX

2012 INFINITI G37X AWD



128294

NOW \$31,588

Ask about no payments until 2015 @ A.C.

TAYLOR
LEXUS TOYOTA

LEXUS
Certified
PRE-OWNED

TOYOTA
Certified
PRE-OWNED

ON THE BROAD STREET AUTO MILE...
www.taylortoyota.ca

TAYLOR'S USED VEHICLES
605 BROAD ST.
569-8777
DL# 015804

EVENTS

What you need to know to plan your week. Send events with photos if available to QC@leaderpost.com

MUSIC

Wednesday, Nov. 5

Wednesday Night Pub:

MYLA
Bushwilder, 2206 Dewdney

**Wayback Wednesday with
Leather Cakes**
McNally's, 2226 Dewdney Ave.

**The Brains, Roldo, The Royal
Red Brigade**
The Exchange, 2431 Eighth
Ave.

Thursday, Nov. 6

**The Devin Gundy Band, Sink
Drink Order**
The Exchange, 2431 Eighth
Ave.

Derry Playground
The Pump, 641 Victoria Ave E.

Friday, Nov. 7

Ask Fridays
WGR, 1675 Toronto St.

Derry Playgroup
The Pump, 641 Victoria Ave E.

Sonic Lightfoot
8 p.m. Casino Regina Show
Lounge, 1803 Saskatchewan
Dr.

FOGDOG

McNally's, 2226 Dewdney Ave.

One Year's

7 p.m. Westminster United
Church, 3023 12th Ave.

Jessie Reimer
Creative City Centre
1643 Hamilton St.

Saturday, Nov. 8

Open Acoustic Jam
3:30-5 p.m.
Breakaway Lounge/Western
Piazza, 1307 Broadway Ave.

Your Wife
9 p.m. Broadway's Lounge/



Jill Barber performs at the Royal Saskatchewan Museum on Saturday

**Western Plaza, 1307 Broadway
Ave.**

League of Wolves
Artful Dodger, 1531 11th Ave.

Derry Playgroup
The Pump, 641 Victoria Ave E.

Jill Barber
8 p.m. Royal Saskatchewan
Museum, 2445 Albert St.

FOGDOG
McNally's, 2226 Dewdney Ave.

A Rising Star
A solo concert featuring the
wonderful Metropolitan Opera

singer Wallis Giunta, mezzo-
soprano
8 p.m. Knox Metropolitan
Church, 2034 Victoria Ave.

**Tokyo Police Club, Sadie the
Whale, The Truck and
U of R Biddell Centre**

Ross Harbison
The Lancaster, 4529 Gordon
Rd.

Sunday, Nov. 9

Lesli We Pagan
Regina Male Voice Chalk ser-
vice of home maintenance
2:30 p.m. Whittier Park

**United Church, 330 Dunham
Dr.**

Pong & Chiu Duo
One Piano, Four Hands
2 p.m. University Theatre, U of
R Biddell Centre

Monday, Nov. 10

**Monday Night Jazz & Blues:
Whiteley Slim**
Bushwilder, 2206 Dewdney

Weekly Drum Circle
Instruments provided
7:30-9 a.m., The Living Spirit
Centre, 3618 Dean Dr. Call
Miki, 306-006-3911.

Kira Isabella, Autumn Hill
The Pump, 641 Victoria Ave E.

Tuesday, Nov. 11

Matthew Barber, Jon Grant
The Exchange, 2431 Eighth
Ave.

VISUAL ART

**Richard Goreskos in the
Streets**
Serious, humorous scenes
are hand-drawn wood with
acrylic
Opening reception: Nov. 6,
5-8 p.m.
Exhibit runs Nov. 6-Dec. 6

**Star Fine Art Gallery, 2078
McNally St.**

Passages Town and Country
Works by Heather M. Cline
Nov. 6-Dec. 20. Myriad gal-
lery, 2078 13th Ave.

**Our Best To You arts and
craft sale**
Nov. 7, 10 a.m.-5 p.m.
Nov. 8, 10 a.m.-5 p.m.
Nov. 9, 10 a.m.-5 p.m.
Cinema Centre Building,
Dewdney Place

Hobby Haven
Nov. 8, 10 a.m.-5 p.m.
MacKenzie Art Gallery, 2475
Albert St.

EVENTS

Melvin Ruperias Jones:
Los Angeles artist Melvin Ruperias addresses the fine line between stages of being. Named after the Roman god of beginnings and transitions, the subject of Jones is the well-recognized "tabula rasa" (blank slate) popularized by the philosopher Ludwig Wittgenstein. The ambiguous artist's features (which, to say bluntly, are a wound on his body against us, implying an overlap of life and death).
Until Nov. 13, Central/Modetique, Dunlop Art Gallery — Central Branch, 2381-12th Ave.

From What Remains:
Artists Jason de Haan, Kent Read and Kara Lofgren infuse data with poetic and speculative meaning in material transformations, reflections, assemblages, and beads that mimic scientific

processes.
Until Nov. 13, Dunlop Art Gallery — Central Branch, 2381-12th Ave.

Sharon Ekstromen: Unbroken and Flowing
Until Nov. 14, University Club, 2nd floor College West, University of Regina

Adrian Schwan: The Inevitable Buffalo Boy

Adrian Schwan is a First Nations artist whose multimedia work incorporates themes of history, gender, and identity.
Until Nov. 20, Art Gallery of Regina, Neil Bellwell Civic Arts Centre, 3420 Elphinstone St.

Jeanine Greiner: The harder softer side

Greiner fuses everyday objects with fabricated and raw materials to refuse their functionality and

their aesthetic, creating an evocative mixture of the familiar and the grotesque.

Until Nov. 20, Dunlop Art Gallery — Sherwood Village Branch, 6120 Birchdale Blvd.

210.0 Seconds

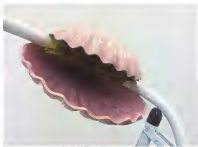
A captivating and impactful collection of photographs on canvas studies light, colour and movement. Features 12 Saskatchewan artists.

Until Nov. 30, TCE Contemporary Art Gallery, 1621 9th Ave.

Will Perreault in the Alley | Dams in Rustle

A major retrospective of celebrated Saskatchewan painter Will Perreault. Best known for a single subject — the everyday back alley.

Until Jan. 4, MacKenzie Art Gallery, 3475 Albert St.



Jeanine Greiner's *Softtop* is on display at Dunlop Art Gallery — Sherwood Village Branch. Photo credit: Peter J. Hume

HOME DÉCOR & GIFTS

1820 9TH AVE NORTH
525-4637

UP TO 75% HOME DÉCOR ITEMS & GIFTS



Debt Problems?

FREE Consultation

306-525-DEBT

freshstart.deloitte.ca

Deloitte.

Registered Practice in Saskatchewan
AAG 120 142/98 3
Saskatchewan, SA 575 725



Laurie MacGregor
Leahann Mary, Michèle Sklar
2163 - 11th Avenue
Saskatoon, Saskatchewan
Saskatchewan, SA 575 725

Fanny's 
Furniture Kitchens

30th Anniversary Sale

SAVE UP TO

70% off Floor Models

30% off Orders

Come help us celebrate 30 years in business.

Astounding deals, amazing quality!

All at the best prices of the year.

1217 BROAD ST. 306-545-9818

www.fannysfurniture.com

EVENTS

Caitlin Mullian: An Index of Satchel-sawen Feams and Other Curiousities

Photographer Mullian will use her interests in memory, history, ephemera, and other curiosities to guide her selection and presentation of the important cultural holdings of the Dunlop and KSM.

Until Jan. 15, 19th St. — Central Library, 2381 12th Ave. AND Royal Saskatchewan Museum, 2445 Albert St.

Toy-Government: Digital Head-shake

Exhibition examines our uneasy relationship to technology, and imagines ways it — and we — might adapt. The first major solo exhibition by Regina-based sculptor Goughman.

Until Jan. 25, Mackenzie Art Gallery, 3475 Albert St.

Contemporary Canadians

The Artists of Scott Nicholson Fine Arts features artwork that portrays the essence of contemporary Canadian fine art.

Until Jan. 31, Regina Centre Crossing, 1621 Albert St.

Contemporary Canadians

The Artists of Scott Nicholson Fine Arts.

Until Jan. 18, Government House, 4607 Dewdney Ave.

Assemblage Gallery

2266 Smith St.

Open Tuesday-Thursday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-4 p.m.

Neutral Ground

9293-1156 South St.

Open Tuesday to Saturday, 11 a.m.-5 p.m.

Oakland Gift and Fine Arts

Oil and ink paintings by Chinese artists Lingtao Jiang and Huang Tian.

2302 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

Just For Laughs comedy tour

Featuring: Doreen Martin, Jan Dore, Levi MacDougal and Todd Glass.

Nov. 6, 7:30 p.m.

Compass Arts Centre

The Laugh Shop

Live stand-up comedy Saturday night.

9:30 p.m.

Bonnie Hotel, 1838 Victoria Ave.

PERFORMANCE

Investiture: A Night of Harland Excellence

Nov. 6, 7:30 p.m.

Q-Nightclub, 2010 Broad St.

Mary's Wedding

Presented by Golden Apple Theatre.

Until Nov. 15, 8 p.m.

The Artesian, 2627 13th Ave.

DANCING

Fun Dancing

Learn to square dance, round dance or clog. First two nights free.

Nov. 6-7, 3:30 p.m.

St. James Anglican Church, 1855 Franklin St.

Rock Hop Theme Dance

Hosted by Regina Ballroom Dancing Club.

\$30. Tickets at eventbrite.ca.

Nov. 8, 8 p.m.

Lakeview United Church Hall, 2200 McCallum Ave.

Regina Genre Party

Every Sunday

Mindy's, 2226 Dewdney Ave.

Traditional Metchigging

Free lessons. Pre-registration is recommended.

304-525-5388.

Monday, 6:30-7:30 p.m.

Rain Dance Horizons, 2307 Harvey St.

Operation Beating

Weekly lessons and dance. Call 306-569-1888 for more info.

Nov. 11, 7-10 p.m.

Explos Club Hall, 1600 Melville St.

SPORTS

Regina Jets vs. Calgary

Nov. 7, 7 p.m.

Brandt Centre, Elgin Place

Women's basketball

Cougars vs. Manitoba

Nov. 7, 6 p.m. U of R CHS



Doreen Martin and the Just For Laughs Comedy Tour will be at the Compass Arts Centre on Thursday

Women's hockey

U of R Cougars vs. Lethbridge

Nov. 7, 7 p.m.

Cooperators Centre, Elgin Place

High Impact Wrestling Wildside

Nov. 7, 7:30 p.m.

The Exchange, 2421 Highland Ave.

Men's basketball

Cougars vs. Manitoba

Nov. 7, 8 p.m. U of R CHS

Women's volleyball

Cougars vs. Mount Royal

Nov. 8, 12:30 p.m.

U of R CHS

Men's volleyball

Cougars vs. Mount Royal

Nov. 8, 3 p.m. U of R CHS

Women's basketball

Cougars vs. Manitoba

Nov. 8, 6 p.m. U of R CHS

EVENTS

Saskatchewan Roughriders vs. Edmonton Eskimos
Nov. 8, 6 p.m. Mosaic Stadium

Women's hockey
U of R Cougars vs. Lethbridge
Nov. 8, 7 p.m. Coopers
Centre, Civic Place

Men's basketball
Cougars vs. Mount Royal
Nov. 8, 8 p.m. U of R CHOG

Women's volleyball
Cougars vs. Mount Royal
Nov. 9, 2 p.m. U of R CHOG

Men's volleyball
Cougars vs. Mount Royal
Nov. 9, 3:30 p.m.
U of R CHOG

Harvard Polar Classic
Three Half-On Triathlon
Nov. 11-13
Cascadia Regatta Soc. Loops
1800 Saskatchewan Dr.

FOR FAMILIES

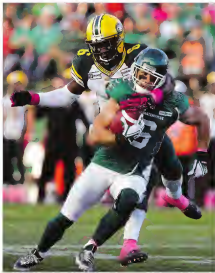
Stars and Strippers
Wednesday, 10 p.m.
Chester O'Brien Southland
Mkt, 3025 Gordon Rd.

Bake & Difference
Cooking, building friendship,
baking, spread kindness with
a cookie
Wednesday, 3-7 p.m.
Sweetest Antiques Behind the
330 Winnipeg St. N

Drop-in crafts and gym
Free event for youth aged
5-18 Thursday, 4-6 p.m.
Eastview Community Centre,
615-555 Ave.

Drop in Indoor Playground
Friday, 9-11:45 a.m.
South Lakes Centre, 170
Sunset Dr.

**Worm and Tot Bored Meet-
ings**
Hosted by Kater Murray, 306-
239-2651.
Friday, 10-11:30 a.m. Early
Learning Family Centre, Scott
College, 3330 7th Ave.



The Saskatchewan Roughriders will play the Edmonton Eskimos in their last regular game of the season on Saturday. See the photo for tickets. STL

Build and Grow Clinics
Build a special future project
for children aged 3 and up
Saturday, 10 a.m.
Lowers, 4555 Gordon Rd.

Michael's Kids Club
Saturday, 10 a.m.-noon
2008 Prince of Wales Dr.

Family Favourite Film
Enjoy a favourite film for just
\$2.50
Saturday, 11 a.m.-5 p.m. Galaxy Cinemas, 420 McCarthy Blvd. N

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre,
2903 Powerhouse Dr.

Family Tucko Sundays
Sunday, 3-4 p.m.
MacKenzie Art Gallery, 3475
Albert St.

Parent and Preschooler
Jungle Gym
Monday, 9:30-11 a.m.
At Ritchie Family Wellness
Centre, 443 14th Ave.

School's Out!
Be Brave, and Bear with Us!
Learn all about the black
bears that make Saskatchewan their home! Movie
drama: Free drop-in program

Includes fun facts and
activities, crafts, and gallery
exploration. No reservation
required. For children ages
4-10, must be accompanied
by an adult.
Nov. 10, 1:30-3:30 p.m.
Royal Saskatchewan Museum,
344.5 Albert St.

Science Time for Kids
Interactive workshop aimed
at early learners
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre,
2903 Powerhouse Dr.

Drop-in crafts and gym
Free event for youth aged
5-18 Tuesday, 4-6 p.m.
Eastview Community Centre,
615-555 Ave.

Men's Morning Out
3300 Avenhurst Dr., suite 101
sasktel.net

Mothers of Pre-Schoolers
(MOPS)
Rosewood Park Alliance
Church, mops@rosewood-
park.ca

Regina Newcomer Club
reginaneucomerclub@gmail.com

Time Out For Parents
At Ritchie Family Wellness
Centre, 2330 Lindsay St., 306-
123-4985, or www.sasktel.net

Y's Women Group
YMCA, 2430 17th Ave., 306-
737-5822

YWCA Regina
1840 McIntyre St., 306-525-
2341

MUSEUMS

Alex Young School Museum
1800 Fourth Ave.
Tour by appointment only
(306-533-3000)

Chris Mullen of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-5 p.m. Closed
Sunday and Monday

Government of House Museum & Heritage Property
4601 Dewdney Ave.
Tuesday to Sunday, 9 a.m.-4
p.m.

ICMCP Heritage Centre

1907 Dewdney Ave.
Open 11 a.m.-5 p.m. daily

Regina Firefighters Museum
1235 Ross Ave.
Tour by appointment (306-
773-7714)

Regina Floral Conservatory
1400 4th Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
344.5 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military Museum
1900 Elphinstone St.
Open Monday and Tuesday,
7-9 p.m., or by appointment
(306-341-3440)

Saskatchewan Science Centre
2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday noon-5 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame
3305 Victoria Ave.
Monday-Friday 10 a.m.-4:30
p.m. Closed weekends

OTHER HAPPENINGS

ICMCP Sergeant Major's Parade
Monday, 12:45 p.m.
ICMCP Depot Division, 5600
11th Ave.

Monthly ALBIS home-brewing club meeting
This month's topic: Enhancing
high gravity brewing.
New members welcome.
Nov. 9, 6 p.m.
Fishhawk basement club
room, 2206 Dewdney Ave.

Regina Farmer's Market on campus
Every Thursday, 10 a.m.-3 p.m.
U of R Research and Innovation
Centre Atrium

EVENTS

Just Friends Co-Ed Sale

Nov. 6, 2-10 p.m.
Nov. 7-8, 10 a.m.-4 p.m.
Surrey United Church, 177 Sunset Dr.

Red Cross Power of Humanity Gala

Honouring Kellie Garrett and Adriane Longmore
Nov. 6, 6 p.m. Remada Plaza, 1818 Victoria Ave.

Capleton College A Jewel of Distinction Awards

Nov. 6, 6 p.m. Hotel Saskatchewan, 2105 Victoria Ave.

Kick Off For Canada

Multicultural event in celebration of Miss World Canada's departure for Miss World 2016. \$10. Call 206-554-8533 for tickets.
Nov. 1, 7 p.m.
Miller High School, 1827 College Ave.

Open Season Life Drawing

There will be no formal instruction and all skill levels are encouraged. The model will be available with the exception of a few special scheduled sessions. Drawing materials are required. \$12 per draw-in session.
Thursday, 7-10 p.m.
Creative City Centre, 1643 Hamilton St.

Organic Connections 2014 Conference and Trade Show

Nov. 7, 1 p.m.
Cineplex Arts Centre

Regina Wine and Art Society Gala

Nov. 7-8, 7-10 p.m.
Cineplex Arts Centre

Regina Farmers' Market

Saturday 10 a.m.-2 p.m.
Shoppers Building, 3055 Hamilton St.

Photo & Press Trile

Sunday, 8:00 p.m.
O'Brien's, 1947 South St.

Scottiebank Giller Light Bash

A celebration of Canadian literature, featuring a reading by Lisa Bird Wilson and the announcement of the Giller Prize winner.
Nov. 10, 7:30 p.m.
The Arts Centre, 2527 13th Ave.

ChessDay Challenge

Drop-in gathering of board game enthusiasts.



Elizabeth Moss and Mark Duplass star in *The One I Love*, which plays this weekend at the ART Film Theatre.

enthusiasts.
Every Tuesday, 6 p.m.-midnight
Roxton Plaza, 545 Albert St. N

THE FILM

The One I Love

Comedy/Drama
Struggling with a marriage on the brink of falling apart, a couple escapes for a weekend in pursuit of their better selves, only to discover an unusual dilemma that awaits them.

Force Majeune

Drama
A family on a six-day holiday in the French Alps find themselves sharing down an avalanche during lunch one day. In the aftermath, their dynamics have been shaken to its core, with a question mark hanging over their relationship in particular. In Swedish, English, French with English subtitles.

Japan Film Festival

Saturday, Nov. 6, 2 p.m.

Breve Story

Animation/Adventure
What an 11-year-old Westerner is told he can change his destiny by entering a

magical gateway into another world, he jumps at the chance. But as his quest to find the Tower of Fortune and be granted any wish, he must cope up all his bravery to battle a world of demons, his own friends and ultimately himself.

Babe-G

Comedy/Drama
Consumer electronics company employee Kobayashi is ordered to develop a bipedal robot, but fails miserably. His son is up with a plan to pass off a human in a suit as a robot, and finds an elderly man named Suzuki who fits quite the out perfectly.

Reggie Public Library Theatre

Reggie Public Library Theatre

2211 12th Ave., 206-777-6456

—

Flight of the Butterflies

Documentary
Join hundreds of millions of butterflies on an amazing journey to a remote hideaway in the mountains of Mexico.

Island of Lemurs Madagascar

Documentary

Join scientist Patricia Wright as her lifelong mission to help endangered lemurs survive in the modern world. Narrated by Morgan Freeman.

Journeys to the South Pacific

Narrated by Catherine Keener, this is a breathtaking adventure to the lush tropical islands of remote West Papua, where the frontlines above and below the sea. And just, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter whales, sharks, sea turtles, swarms, and other beautiful creatures of the sea.

Kramer's Room

2963 Powerhouse Dr.
206-522-6529

NEW MOVIES

Big Hero 6

Family/Animation
When a group of friends is catapulted into the middle of a dangerous plot in San Francisco, young robotics genius Hiro Hamada turns to his closest companion — his robot Baymax — and transforms his

group of friends into a band of high-tech heroes who are determined to solve the mystery inspired by the Marvel comics of the same name.

Intellatour

Sci-Fi
With our time on Earth coming to an end, a team of explorers undertakes the most important mission in human history — traveling beyond this galaxy to discover whether mankind has a future among the stars. Directed by Christopher Nolan. Starring Matthew McConaughey, Anne Hathaway and Jessica Chastain.

Galaxy Cinema

420 McCulloch Blvd. N.
206-522-9098

Cineplex Odeon

Southland Mall Cinema
3025 Sandhill Rd. 206-523-1383

Robson Cinema

Golden Mile Shopping Centre
2806 Albert St. 206-523-5252

Events listings are a free community service offered by JP. Listings will be printed upon receipt.



is honoured to host the

2014 National Philanthropy Day Awards Luncheon November 12th Conexus Arts Centre

proudly presented by



Congratulations to AFP Regina's 2014 National Philanthropy Day recipients:

Outstanding Philanthropist

George Reed

Sponsored by



Outstanding Community Group

200K Women Build Committee

India Canada Association of Saskatchewan

MacKenzie Art Gallery Volunteers

Sun Life Financial Volunteers

Sponsored by



Outstanding Corporate Philanthropist

Brandt Group of Companies

Harvard Broadcasting

MacPherson Leslie & Tyerman

PotashCorp

Redhead Equipment

Saskatchewan Credit Unions

Starline

Sponsored by



STRONGER COMMUNITIES TOGETHER™

Outstanding Individual Volunteer

Tangy & David Achter

Joe Dauk

Bob Hughes (posthumously)

Daniel & Cheryl Lorenz

Sponsored by



Outstanding Youth Philanthropists

Mason Engole

Luke Hanson

Sonia Kalburgi

Thomas Puetz

Jonah Toth

Mother Teresa Middle School Grades 6-8

Sponsored by



AFP & National Philanthropy Day Information: <http://afpregina.afpnet.org/>

Tickets: www.picatic.com/2014NPD-Regina

Email: afpregina@gmail.com

Additional thanks goes to our Radio Sponsor:

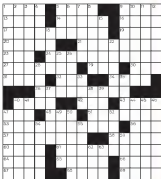


#CROSSWORD

NEW YORK TIMES Edited by MW Shortz

ACROSS

- 1 Take ____ (1994)
- 2 Misheard this was
- 3 Personal mangle
- 4 Personal area
- 5 Accompaniment
- 6 St. Peter's story a river
- 7 Pioneered tech with a security blanket
- 8 Bulb encloses walk up
- 9 Series of hand's
- 10 Jeweled
- 11 Lens shatters
- 12 General
- 13 First of Tony after 1972
- 14 Chaper 52, formerly
- 15 Same words have in British slang
- 16 Mating the mandarin
- 17 Ring up with
- 18 Cause of a blowup?
- 19 Common showing
- 20 Sound from a window
- 21
- 22 On same
- 23 Local keeping
- 24 Used a chamber on
- 25
- 26
- 27
- 28
- 29
- 30
- 31
- 32
- 33
- 34
- 35
- 36
- 37
- 38
- 39
- 40
- 41
- 42
- 43
- 44
- 45
- 46
- 47
- 48
- 49
- 50
- 51
- 52
- 53
- 54
- 55
- 56
- 57
- 58
- 59
- 60
- 61
- 62
- 63
- 64
- 65
- 66
- 67
- 68
- 69
- 70
- 71
- 72
- 73
- 74
- 75
- 76
- 77
- 78
- 79
- 80
- 81
- 82
- 83
- 84
- 85
- 86
- 87
- 88
- 89
- 90
- 91
- 92
- 93
- 94
- 95
- 96
- 97
- 98
- 99
- 100



DOWN

- 1 Good looking?
- 2 Tugboat and tugboat
- 3 Warm response from a woman
- 4 Double
- 5 Glass grip
- 6 Improved letters?
- 7 Kind of an ancient period
- 8 Litterographer James who was the O.G. to a first editor
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30
- 31
- 32
- 33
- 34
- 35
- 36
- 37
- 38
- 39
- 40
- 41
- 42
- 43
- 44
- 45
- 46
- 47
- 48
- 49
- 50
- 51
- 52
- 53
- 54
- 55
- 56
- 57
- 58
- 59
- 60
- 61
- 62
- 63
- 64
- 65
- 66
- 67
- 68
- 69
- 70
- 71
- 72
- 73
- 74
- 75
- 76
- 77
- 78
- 79
- 80
- 81
- 82
- 83
- 84
- 85
- 86
- 87
- 88
- 89
- 90
- 91
- 92
- 93
- 94
- 95
- 96
- 97
- 98
- 99
- 100

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30
- 31
- 32
- 33
- 34
- 35
- 36
- 37
- 38
- 39
- 40
- 41
- 42
- 43
- 44
- 45
- 46
- 47
- 48
- 49
- 50
- 51
- 52
- 53
- 54
- 55
- 56
- 57
- 58
- 59
- 60
- 61
- 62
- 63
- 64
- 65
- 66
- 67
- 68
- 69
- 70
- 71
- 72
- 73
- 74
- 75
- 76
- 77
- 78
- 79
- 80
- 81
- 82
- 83
- 84
- 85
- 86
- 87
- 88
- 89
- 90
- 91
- 92
- 93
- 94
- 95
- 96
- 97
- 98
- 99
- 100

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30
- 31
- 32
- 33
- 34
- 35
- 36
- 37
- 38
- 39
- 40
- 41
- 42
- 43
- 44
- 45
- 46
- 47
- 48
- 49
- 50
- 51
- 52
- 53
- 54
- 55
- 56
- 57
- 58
- 59
- 60
- 61
- 62
- 63
- 64
- 65
- 66
- 67
- 68
- 69
- 70
- 71
- 72
- 73
- 74
- 75
- 76
- 77
- 78
- 79
- 80
- 81
- 82
- 83
- 84
- 85
- 86
- 87
- 88
- 89
- 90
- 91
- 92
- 93
- 94
- 95
- 96
- 97
- 98
- 99
- 100

JANRIC CLASSIC SUDOKU

Level: Bronze

Fill the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and pieces of information to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver (hardest).

		4	8	7		6	3	
5				2			9	
7			6		5			1
	2				8		1	
9		6		4		7	2	
	8		2					3
8			4		6			5
	4			8				6
6	3	7		2	1			

Solution to the crossword puzzle and the Sudoku can be found on Page 38.

jazz Regina

Measha Brueggergosman

"Christmas" Album Tour
Friday, November 21, 2014

Adult: \$15.00 - \$20.00
Student: \$10.00 - \$15.00
Senior: \$10.00 - \$15.00
Child: \$5.00 - \$10.00
Infant: \$2.00 - \$5.00

Regina Performing Arts Centre - 1071 Angus St. - Tickets 519-588-0888
Doors Open at 7:30 PM - Concert Starts at 8:00 PM
Ticket website: www.reginaperformingartscentre.ca
Box Office: 519-588-0888 or 519-588-0889

COPPER KETTLE

THE BEST BUSINESS SPECIAL OCCASION DATE NIGHT

You Fill In The Rest!

COPPER KETTLE PIZZERIA

Dine with COPPER KETTLE

519-333-3333

1953 Scarth St. 306-525-3545

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to sp@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's CG colouring contest winner was **Peyton Cullen**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



JACK KEATON'S

FEED YOUR FAMILY FOR \$25⁹⁹

Monday, Tuesday & Wednesday

Mixed entrees: 4 For Chicken, 1 lb or Rib Ends, 4 Side Dishes, and Our Love of Pot.

www.jackkeatons.com

9800 Rosedale Blvd.

309.522.7221



SHARPEATS

See a food trend you think deserves a highlight? Email gp@leaderpost.com or visit us on Facebook

GOLO MEOAL PLATES

Chef fuses Patagonian culture with Sask. cuisine



Regina-based chef Ricardo Rodriguez had home the silver in last year's Gold Medal Plates competition. This year he's going for the gold on Nov. 25, 30 months after his victory.

By Jenn Sharp

November has become the month Saskans anticipate in Regina. It's a Gold Medal Plates time and that year's competition will be as fierce as ever.

Eight of the region's best chefs will compete in a grueling, high-pressure environment for top honours on Nov. 25. Whoever takes the gold medal will be off to Kelowna, B.C., in February where he or she will be up against the winners from 11 other Canadian cities for the title of Canadian Culinary Champion.

Chefs at the event mingle and sip wine as they try each chef's last six plates, before they move into the competition area. For dessert, more wine, entertainment by Jim Cuddy and a live auction for trips around the world. Then it's into the line one group of Olympic athletes (it's a fundraiser for them after all).

The pressure for chefs is two-fold. First and foremost, they need to present a unique dish to a town of no patios. Dishes are judged on everything from presentation to taste and even "wow" factor.

At the same time, chefs must ensure their line runs smoothly and each dish comes out as good as the last for the hundreds of guests who have limited time to sample everything.

This will be Ricardo Rodriguez's second time competing — he took home the silver in 2003 and is running for the gold this year. Originally from Patagonia, in Argentina, he moved to Regina 10 years ago. He recently started his own company, Patagonia Catering, and is the chef at the newly reopened Table 30.

He says the competition gives quickly, perseverance is key. That and a great team — he's got chefs from restaurants all over the city helping him out on event day.

"I like to be very ready for that moment. I like to be a little bit of a perfectionist."

Like Gold Medal Plates, he is up for the gold this year. Originally from Patagonia, in Argentina, he moved to Regina 10 years ago. He recently started his own company, Patagonia Catering, and is the chef at the newly reopened Table 30.

"I will try to reflect myself in a way that the diners will open to my heritage. I like meat so I'll try to use meats that might not be usual

here but ones I grew up with and are familiar to me. I'll also use different elements from Saskatchewan and incorporate (it with) my traditions."

After starting out as the chef at La Bodega, he was most recently the head of the Artful Dodger's Kitchen. A chef with wanderlust in his heart, he had plans to leave but decided to make Regina home.

"I was planning to go to Europe, but my chef friends said 'Oh, we forgot to tell you. We're opening a restaurant and you're going to be the chef.'" he says with a laugh.

SHARP EATS



Ricardo Rodriguez prepared a Peruvian fusion dish of corn, beans and meat with a sage reduction and garnished equally as he held by 1000 plates.

"I feel comfortable here, I like Canada and I like this small city. I always feel really welcome in the community here."

Because wasn't a hard transition for Rodriguez. He's used to the snow he lived in Ushuaia, Argentina — the subpolar and southernmost city in the world — for five years, where temperatures rarely go above 10°C.

After completing culinary school in Buenos Aires at age 20, he moved to Delmas to work in the yacht club restaurant on the ocean, where the cruise line crew stopped before heading to Antarctica.

"It was a very interesting place. They wanted regional cuisine so I started experimenting with trout, king crab and beef and lamb."

He is back to reflect his unique heritage and past experience in kitchens around the world for Gold Medal Plates. Of course, he can't leave out his home province. For GMP he made a fine example of his Peruvian fusion style of cooking. Corn, beans and meat with a sage reduction and garnished equally.

"I need to represent Saskatchewan. This is my home now. I'm not from here but I feel like I'm from here."

Jacky@1000plates.com
Twitter: @1000plates

GOLD MEDAL PLATES REGINA

New 21 at the Conexus Arts Centre
Tickets and event info: www.gold-medalplates.com

COMPETING CHEFS:

- **Godfrey Gessert Murphy** — DoubleTree by Hilton
- **Giles Goble** — La Macaron
- **Rob Harrison** — Ruston's Catering
- **Leo Pustel** — Conexus Arts Centre
- **Milton Rebello** — Wascana Country Club
- **Ricardo Rodriguez** — Peruvian Catering
- **David Streub** — Flip Eatery & Drink
- **Leslie Wall** — Walnuts Expressive Catering

Sears® outlet

Sears Quality...Outlet Prices...Everyday.

NEW ARRIVALS DAILY

Huge Selection of Family Fashions
Major Appliances, Furniture, Mattresses

UP TO 70% OFF

1000s of items arriving daily



SEARS OUTLET STORE | 1908 7TH AVE. REGINA

Mon to Fri, 9:30am to 6pm. Sat, 9am to 6pm. Sun & Holidays, 11am to 5pm

ASK ELLIE

Husband needs to be wary of relationship with co-worker

Q: I've been married to my wife for 18 years, known her since college, we both work in stressful jobs and relied on a stable relationship and routine for the home life we wanted. We purposefully haven't had children.

Lately I've had to work closely with a very dynamic female who's younger and new to our company. She has a lot of enthusiasm, excites, and is fresh when I find it can hardly wait to hear her latest brain storm.

We're going to be travelling to a work assignment together in a few weeks and I'm getting mixed about it... but obviously seeing there's room for worry too in this scenario I should talk to her about? Or to my wife?

Ask Ellie

A: Give your wife a chance before you risk losing yours with your marriage. After all she's been taking the routine you two set up together.

Tell her you sense a need for

Ask Ellie



adding new interests into your life together. Say you're realizing that needs to change over time, and that it likely has to do with changes you experience through maturing, and gaining knowledge.

Suggest that you two add some new stimulation and spontaneity into your marriage — an adventure trip, studying a new language, tracking for a fitness challenge, whatever.

If it's not necessarily your colleague who's got you fired up, but the sense of excitement she imparts, and how it makes you feel.

Take your wife away for a week and before the business trip, or at

least start the conversation about trying new things before bed.

Don't tell your colleague these personal reasons to her. Since you're a married man, it could ruin your working relationship if she's not interested.

And if she is, be aware that on or after that date, your marriage and domesticity will wait.

Q: My husband and I made friends with our new neighbours. The wife reached out right away — an invitation to see their newly renovated place. Then a barbecue there — so naturally we've invited them to our place, too. Our kids also like each other.

Her husband's a successful businessman and his shares affect my husband's life since he's working in a mid-level job. Maybe that's why he and the wife end up talking between them, when we're all together.

I've noticed lately that she's very loquacious with him — almost getting my husband on the verge

of touching his shoulder. She also dresses very sexy. Even my daughter age seven, said so to me. Should I be worried?

Too Close for Comfort

A: Yes. Everyone in a relationship should be naturally alert to signals that someone's making moves on his or her partner. Overreacting would be unwise. But saying it all feels too friendly too fast, is not.

Maybe she's just "loosely friendly" but it may also be she's an attention seeker with men. Or worse: a woman who plays a game of seeing when she can attract. Honestly you don't really know her that well to judge.

So don't decide. And don't blame your husband. Just back off a wee bit. Stay around him, by saying that her familiarity with him has you uncomfortable.

A: Ask for his help to put you more at ease. Suggest that you cut back on the frequency of getting together, and that he defend any inappropriate pressures by her, by moving away

Q: My husband's always thinking something else would be better. We need to move to the country, he wants to leave his job, the kids should attend another school, etc. Sometimes I feel whiplash around constantly re-evaluating trying to enter his restless mind.

My best friend from college (and) has admitted he wishes I'd seen him as a boyfriend, not a buddy.

He's married (his wife's a little more stable), so we share our problems. It's a great comfort, but it's dangerous to have someone of the opposite sex be your go-to confidante?

Wendy Waddly

A: This friendship is distracting you from your partner.

You need to become 100% "go-to," but first show him you have the interest and compassion for that role. Ask what's in his background that might be making him feel unsettled.

Then suggest he talk to a professional therapist. Say you'll go with him if it helps. He needs the attention, you're diverting to someone else's problems.



AFGHAN CUISINE
FAMILY RESTAURANT

Lunch Buffet Mon - Sat
Evening Buffet
Thursday | Friday | Saturday
Seniors Discount • Menu Always Available

Special Offer
FREE TEA
with buffet

Christmas Catering Available **Save 10% by bringing this Ad. Expires Feb. 28, 2015.**

Not to be combined with other offers

Come See why we are considered one of Regina's best ethnic restaurants
832 Albert Street 949-0800 www.afghancuisine.ca Eat In • Take Out & Delivery • Catering

WINE WORLD

SASKATCHEWAN WINE SCENE

Masi's Passo Doble exquisitely balanced

By James Romanow

If you're a regular reader of mine, you will know I have been jumping up and down about a wine since I began writing. The wine in question is Masi's Passo Doble, a wine from Argentina, which until recently retailed for around \$45. For the life of me I don't know why it hasn't been on the shelf here before. It was in Manitoba, Alberta and Ontario.

The wine has had a small but devoted following, name of which is based on Masi and on the winemakers being very good at their job. It's also based on the grapes involved — Malbec and Corvina — and just on the way the stuff tastes.

It tastes great. And the secret to the greatness is the secret of many Masi wines, the *apassamento* process (ARA, *apassamento*, *passamento*, *ripasso*, *ripasso* of old). These processes are slightly different depending on the producer, and other factors, but all depend on using partially dried grapes to extract more tannin and flavour. Masi's wine is a pioneer in this process and tastes their wines like an *Amontillado*. In Passo Doble, 35 per cent of the Corvina has been dried, while the rest of the wine was made normally.

And the result is an exquisitely balanced glassful. The rich dark maroon of the Malbec is matched to the lighter, vibrant Corvina.



The intensity of the wine is fabulous. If you like rich, full bodied red wines that you can match to just about any food, this is a wine you have to try.

For lovers of Argentine food, or any food with a New World palate, this is a must drink wine.

Masi's Supergusto Passo Doble \$45 *****

Next week's column: Why Okanagan was right. More on Twitter @jromanow

Crossword/Sudoku answers

ARROW	PROM	STUD
NEVA	LINUS	TONE
GRANDOP	CRAB	RIMS
ENTER	BRUCELEE	
LIE	AYOCADOPPEAR	
INGRIBIT	VIN	TNT
CINE	COO	DUST
	PRITDOPTN	
IPSO	DNA	TASP
QSA	SAT	UNGOUTH
WILD	OPPER	YEA
ALIM	TRIG	LEADS
IDOL	INSIDE	DOPEO
SNIT	LETME	AUER
HOLA	ROPE	MTNS

2	1	4	8	9	7	5	6	3
5	6	3	1	2	4	8	9	7
7	9	8	6	3	5	4	2	1
4	2	7	5	6	8	3	1	9
9	5	6	3	4	1	7	8	2
3	8	1	2	7	9	6	5	4
8	7	2	4	1	6	9	3	5
1	4	5	9	8	3	2	7	6
6	3	9	7	5	2	1	4	8



Indoor Playground GRAND OPENING! Nov. 10th

Indoor playground, gymnastics,
classes, birthday parties
and more!

Start your A-Mazing
Adventure today!
www.gymnasticsadventure.ca
(306) 789-3133

